

























# P.C.H.S. Annual ELF AUCTION



IS ACTIVELY SEEKING DONATIONS  
FROM OUR COMMUNITY  
& LOCAL BUSINESSES

## Ideas for Donations

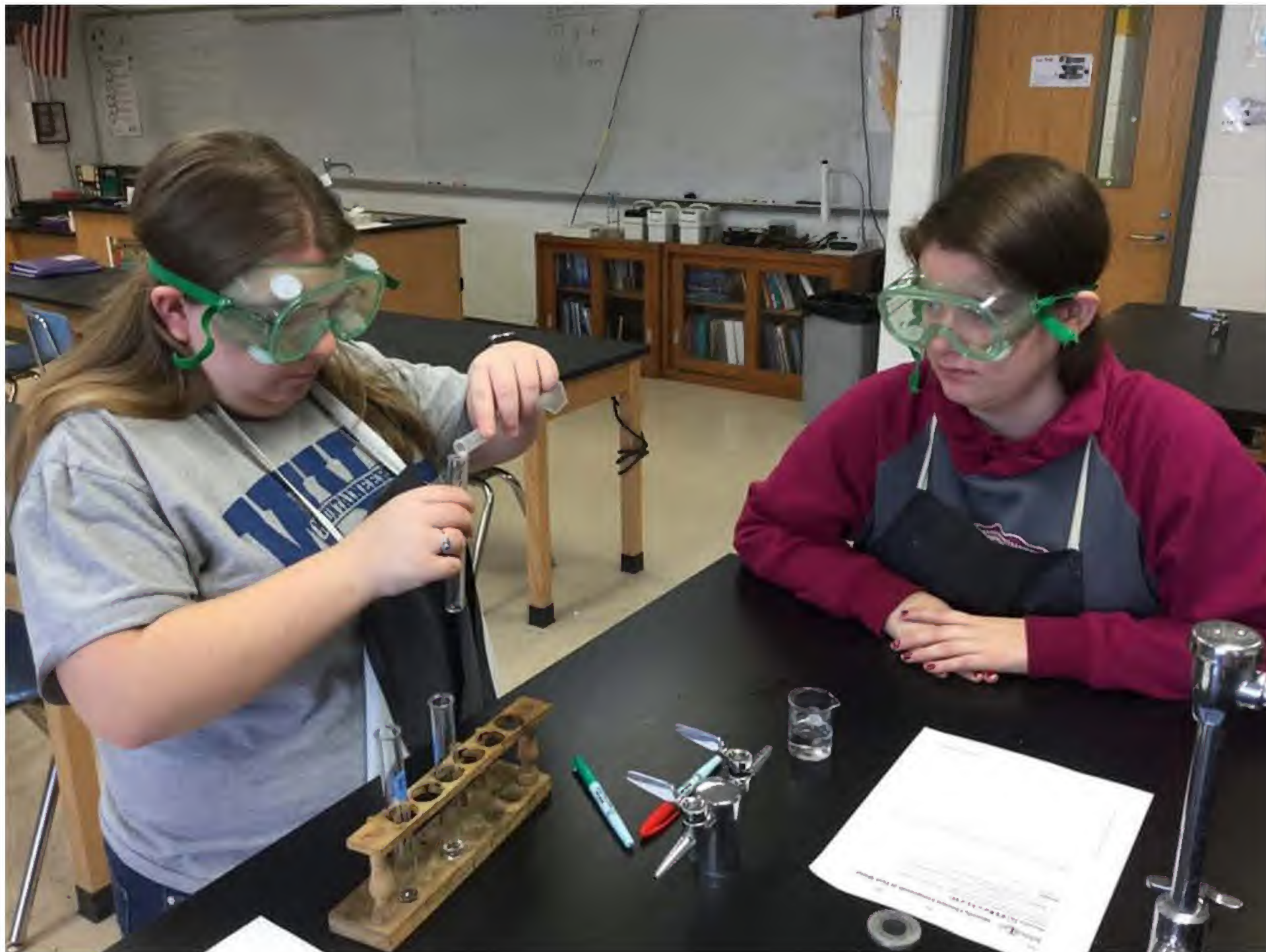
Baked Goods, Gift Certificates  
Home Made/Hand Made Items  
31 Bags, Scentsy, And more...

**\*\*All Proceeds benefit PCHS students in need during the Holiday Season\*\***

**Friday, December 13, 2019**

Contact Mrs. Beverage (Counselor) or Mrs. Wilfong (Librarian)  
for more information!!!





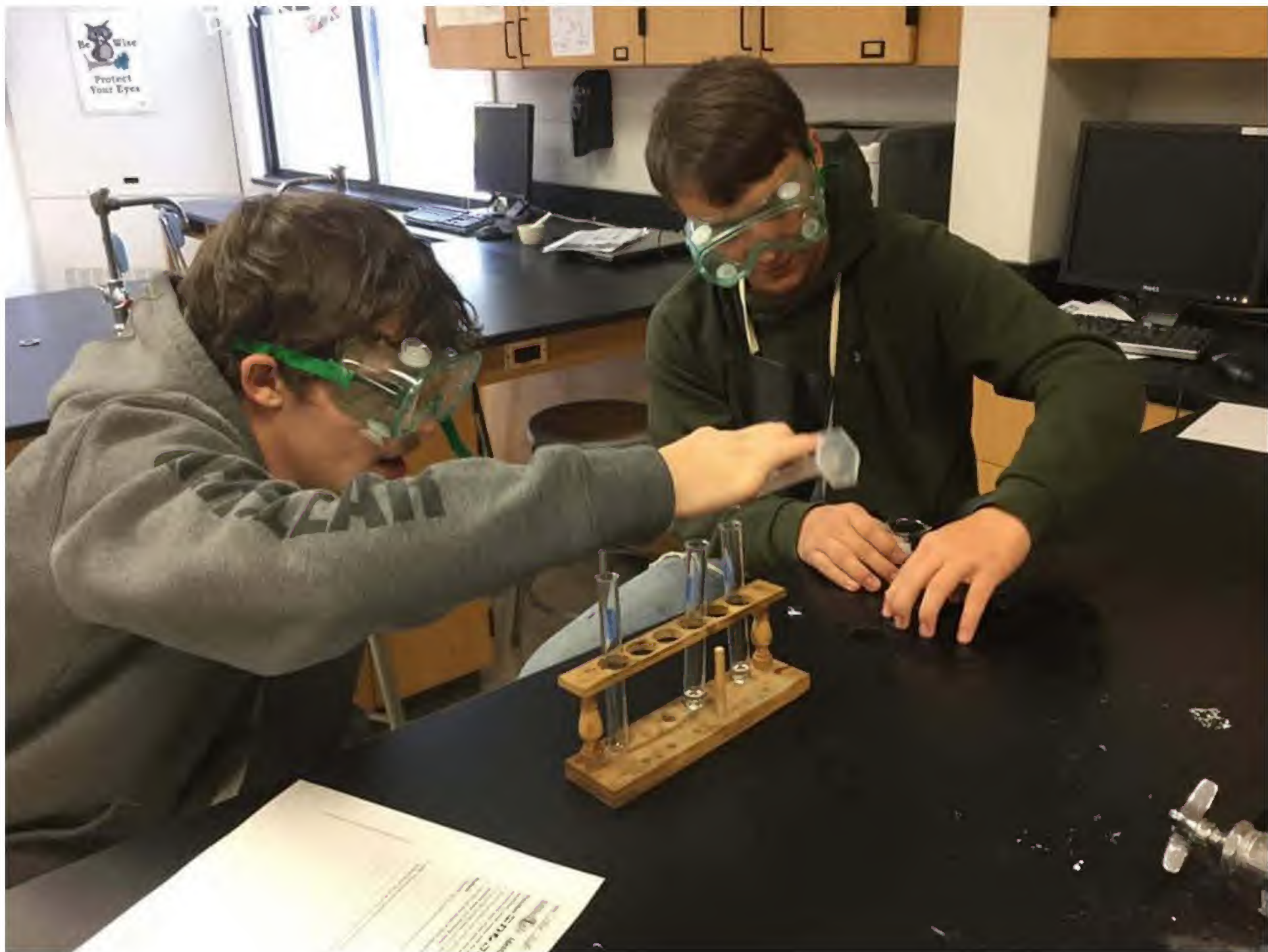






















# WARRIOR TERRITORY

## POCAHONTAS COUNTY TRACK RECORDS LADY WARRIORS

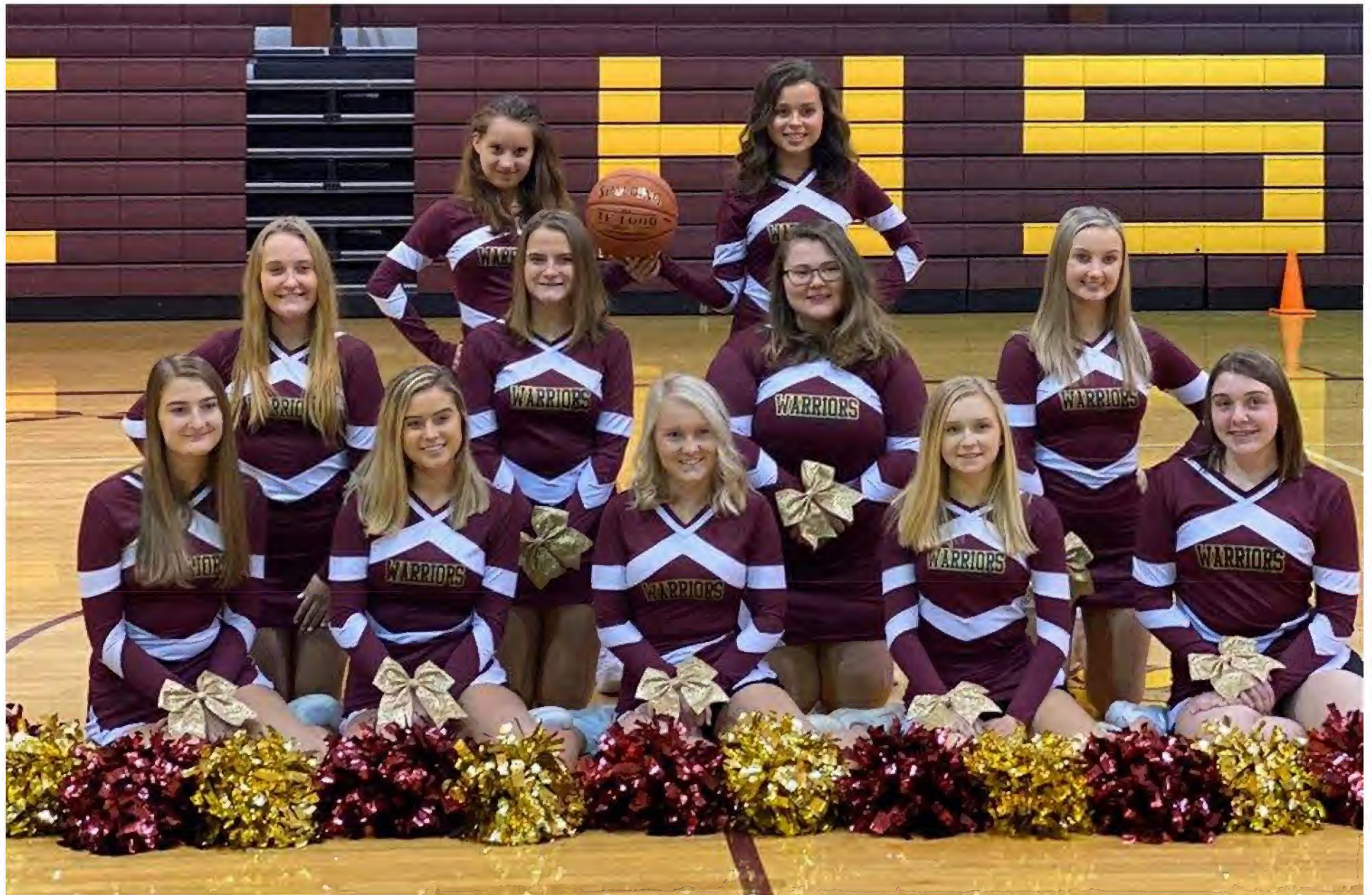
		EVERY
Michelle Rutledge	14'3.5"	LONG JUMP
C. Wimbush's Sonoma	4'10"	HIGH JUMP
Michelle Winters	27'9"	SHOTPUT
Bridget Carroll	100'1"	DISCUS
Chaylin Woodruff	13.06	100 M
Adrienne Rutledge	26.3	200 M
Adrienne Rutledge	59.06	400 M
Tasha Smith	2:21.85	800 M
Tasha Smith	5:13.36	1600 M
Cara Reddy	20:06	3200 M
Laila Galt	44:54	6400 M
Laila Galt	1:34:34	12.8 K M
Erin Smith	6:33	1.5 M
Laila Galt	4:33	2 M
Erin Smith	8:40	3 M
Erin Smith	17:40	6 M
Erin Smith	34:40	12 M
Erin Smith	1:10:00	20 M
Erin Smith	1:40:00	30 M
Erin Smith	2:10:00	40 M
Erin Smith	2:40:00	50 M
Erin Smith	3:10:00	60 M
Erin Smith	3:40:00	70 M
Erin Smith	4:10:00	80 M
Erin Smith	4:40:00	90 M
Erin Smith	5:10:00	100 M
Erin Smith	5:40:00	110 M
Erin Smith	6:10:00	120 M
Erin Smith	6:40:00	130 M
Erin Smith	7:10:00	140 M
Erin Smith	7:40:00	150 M
Erin Smith	8:10:00	160 M
Erin Smith	8:40:00	170 M
Erin Smith	9:10:00	180 M
Erin Smith	9:40:00	190 M
Erin Smith	10:10:00	200 M

## POCAHONTAS COUNTY TRACK RECORDS LADY WARRIORS

Adam Pank	100 M
Adam Pank	200 M
Adam Pank	400 M
Adam Pank	800 M
Adam Pank	1600 M
Adam Pank	3200 M
Adam Pank	6400 M
Adam Pank	12.8 K M
Adam Pank	1.5 M
Adam Pank	2 M
Adam Pank	3 M
Adam Pank	6 M
Adam Pank	12 M
Adam Pank	20 M
Adam Pank	30 M
Adam Pank	40 M
Adam Pank	50 M
Adam Pank	60 M
Adam Pank	70 M
Adam Pank	80 M
Adam Pank	90 M
Adam Pank	100 M
Adam Pank	110 M
Adam Pank	120 M
Adam Pank	130 M
Adam Pank	140 M
Adam Pank	150 M
Adam Pank	160 M
Adam Pank	170 M
Adam Pank	180 M
Adam Pank	190 M
Adam Pank	200 M





















**NOVEMBER 2019**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**DECEMBER 2019**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**JANUARY 2020**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**FEBRUARY 2020**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

**CAMP TWIN CREEKS****1-800-451-8806****[www.camptwincreeks.com](http://www.camptwincreeks.com)**

**POCAHONTAS COUNTY  
HIGH SCHOOL  
WINTER SPORTS 2019-20**

**CAMP TWIN CREEKS****1-800-451-8806****[www.camptwincreeks.com](http://www.camptwincreeks.com)**



## BOYS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/11	MOOREFIELD	HOME
12/13	MIDLAND TRAIL	HOME
12/16	GREENBRIER WEST	HOME
12/20	TUCKER CO.	AWAY
1/3	NEW RIVER CTC INV.	B-RCCC
1/7	RICHWOOD	AWAY
1/10	GREENBRIER WEST	AWAY
1/14	MEADOW BRIDGE	HOME
1/17	HARMAN	AWAY
1/22	TYGARTS VALLEY	HOME
1/24	MIDLAND TRAIL	AWAY
1/27	PENDLETON CO.	HOME
1/29	MOOREFIELD	AWAY
1/31	RIVERSIDE	HOME
2/4	ELKINS	HOME
2/6	MEADOW BRIDGE	AWAY
2/8	RIVERSIDE	AWAY
2/12	TUCKER CO.	HOME
2/18	RICHWOOD	HOME
2/20	PENDLETON CO.	AWAY
2/21	JAMES MONROE	HOME
2/26	TYGARTS VALLEY	AWAY

## GIRLS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/3	ALLEGHANY	AWAY
12/5	PENDLETON CO.	AWAY
12/10	GREENBRIER WEST	HOME
12/13	TYGARTS VALLEY	AWAY
12/18	RICHWOOD	HOME
12/19	ALLEGHANY	HOME
12/21	SUMMERS CO.	AWAY
12/27	HERBERT HOOVER	P.BURGC
12/28	P.BURG C. OR LIBERTY	P.BURGC
1/3	MIDLAND TRAIL	HOME
1/6	JAMES MONROE	AWAY
1/10	SUMMERS CO.	HOME
1/14	MIDLAND TRAIL	AWAY
1/17	TUCKER CO.	HOME
1/20	GREENBRIER WEST	AWAY
1/28	TUCKER CO.	AWAY
2/1	CHARLESTON CATH.	HOME
2/4	ELKINS	AWAY
2/7	RICHWOOD	AWAY
2/8	PENDLETON CO.	HOME
2/19	TYGARTS VALLEY	HOME

\*\*\*ALL SCHEDULES ARE SUBJECT TO CHANGE\*\*\*



# **ATTENTION: PCHS Males**

**On Behalf of the US Selective Service System and US Department of Education:**

**All males are required to register with the US Selective Service beginning 30 days prior their 18<sup>th</sup> birthday and extending 30 days thereafter. Late registration is accepted up to the 26<sup>th</sup> birthday. Failure to register prior to reaching age 26 may result in unfortunate life consequences, including:**

- **Ineligibility for employment by the federal government, the U.S. Postal Service, and many state and local governments;**
- **Ineligibility to receive federal and, in some cases, state student aid;**
- **Ineligibility to receive job training under the Workforce Innovation and Opportunity Act;**
- **Ineligibility for security clearances; and**
- **Delay in citizenship proceedings.**

**For more information and /or to register:**


**<https://www.sss.gov/Registration-Info/Who-Registration>**

**or**

**Stop by the School Counselor's Office**



**POCAHONTAS COUNTY SCHOOLS**  
**December Breakfast and Lunch Menu 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Zucchini Bread Cereal Fruit  Pizza Applesauce Cup Peas Diced Potatoes	<b>3</b> French Toast Sticks Cereal Fruit  Chicken Sandwich Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Sweet Potato Fries Mexicali Corn Fruit	<b>4</b> Bagel w/Cream Cheese Yogurt Fruit  Spaghetti w/Meatballs Garlic Bread Green Beans Mixed Fruit	<b>5</b> Sausage Gravy Biscuit Yogurt Fruit  Chicken Wrap Lettuce/Tomato/Sour Cream Romaine Salad w/Tomatoes Refried Beans Birthday Cake	<b>6</b> Pancakes Cereal Fruit  Fish Sticks Scalloped Potatoes Fresh Carrot Sticks Fruit Homemade Rolls
<b>9</b> Strudel Yogurt Fruit  Ham & Cheese Hoagie Lettuce/Tomato Baked Beans 5 Way Veggies Fruit	<b>10</b> Pretzel w/Cheese Cereal Fruit  Chicken Pot Pie w/Mixed Vegetables Mashed Potatoes Mixed Fruit Sliced Cucumbers	<b>11</b> Homemade Cinnamon Roll Yogurt Fruit  Fish Sandwich Lettuce/Tomato Tartar Sauce/Ketchup Sweet Potato Fries Broccoli Salad Fruit	<b>12</b> Egg & Cheese Biscuit Cereal Fruit  Vegetable Beef Soup Grill Cheese Sandwich Green Beans Sherbet Fruit	<b>13</b> Breakfast Burrito Yogurt Fruit  Chicken Tenders Macaroni & Cheese California Blend Fruit
<b>16</b> Breakfast Pizza Yogurt Fruit  Sloppy Joe Oven Fries Carrot Stix Fruit	<b>17</b> Sausage Biscuit Cereal Fruit  Chicken Fajita w/Green & Red Peppers/Onions Mandarin Oranges Black Beans Salsa/Sour Cream Fruit	<b>18</b> Yogurt Fruit Parfait or Strawberry Smoothie Cereal  Bacon & Cheese Scrambled Eggs Hash Browns Applesauce Cup Fresh Veggies Biscuit	<b>19</b> Blueberry Muffin Cereal Fruit  Christmas Dinner Baked Ham Mashed Potatoes w/Gravy Stuffing Broccoli Cheese Rice Casserole Homemade Roll Cooks' Choice Dessert	<b>20</b> Cooks' Choice
<b>23</b> Professional Learning Day No School for Students	<b>24</b> Christmas Break No School	<b>25</b> Christmas Day No School	<b>26</b> Christmas Break No School	<b>27</b> Christmas Break No School
<b>30</b> Christmas Break No School	<b>31</b> Christmas Break No School			

For breakfast milk and yogurt offered daily.  
For lunch milk and fresh fruit offered daily.









Hunters donate deer they've harvested to one of the participating certified meat processors. There, the venison is prepared, ground, and packaged into two-pound bags. Two food banks—Mountaineer Food Bank in Gassaway and Facing Hunger Foodbank in Huntington—make sure the low in fat, protein-packed meat gets into the skillet and onto the tables of those who need it. Those helped include soup kitchens, food pantries, senior centers, and other missions.

Each fall, the Governor's One Shot Hunt also greatly contributes to the money raised and venison gathered. The all-day event includes an antlerless white-tail deer hunt, banquet, and auction. Over the last 12 years, the Governor's One Shot Hunt has donated more than \$700,000 to the Mountaineer Food Bank for HHH.

The 2019 season is the first one where Pocahontas County FFA officially joined the roster of 18 HHH processors across West Virginia. Make no mistake: These butchers may be young, but they bring professionalism and pride to their work.

### Lifelong lessons

With deer, Berry says, the meat processing is a tad different, since the animal has to be skinned. By participating in HHH this year, students not only refine their skills with skinning, grinding, and packaging venison but also use those talents to feed folks who need healthy, nutritious meat. "I wouldn't have been able to do this in my other school because we didn't have a meats lab that could be state inspected," Berry says. He came to Pocahontas County six years ago after teaching for more than three decades in the Ohio Valley. "Here, we had the facilities that were ready to be utilized."

Some of the high schoolers might graduate and trade country nights for city lights, but learning the technique behind meat processing ultimately makes them wiser home chefs and consumers. "You know why the chuck is not as tender as the loin. You understand why the round on beef is not as tender as the ribeye," Berry says. It's all those valuable lessons that can perhaps only be appreciated by someone who has sliced and trimmed an animal from head-to-hoof themselves.

"My greatest takeaway is learning the cuts, and then being able to help others," Moyers says. She knows her talents will help her with her family's hogs, or even at her own farm one day. Kinnison agrees, and he's also seen the benefit in the Career Development Events, or competitions, that the Pocahontas County FFA team participates in. "I've done it hands-on so it's a benefit, and other kids out there haven't had that type of experience," he says.

For his part, Berry credits his students' readiness to excel at everything from slicing and dicing meat to communicating with customers. "For 39 years, I've had good kids making me look good. They've done a great job."

And now folks in need all across West Virginia can also appreciate their tasty homework. 🍖





Alliza Carr exhibits a sugar-cured bacon, which was raised by Carr and trimmed and smoked in the meats lab.

to sell pork sausages to teachers and other locals. Meat inspectors review its facility just like any other professional butcher shop. "They're with us from the time we take the animal until the time the last package goes in the freezer," Berry says. But the inspectors don't work solely with Berry. They work with the students. "Our meat inspectors are really happy with the way kids address issues and their customers."

A few students also rise to leadership roles, acting as managers of groups. One such student is senior Kaitlyn Moyers. Her family owns hogs, so taking Berry's classes for three years has helped her learn the different cuts of the animals she has at home. Moyers says she enjoys the opportunity to step up and assist others, too. "I found it a valuable learning process," she says. "If I could learn it, I could help future generations of kids and teach them."

The hands-on experience students get butchering with Berry is a cut above the rest. "A picture doesn't show you everything you can see in person," Moyers says. Jacob Kinnison, a junior at the high school and FFA participant, also sees it as a professional development opportunity. "I might have this as a future career of working in a butcher shop, so I thought I'd take advantage of learning as much as I could," he says.

Even when Berry's students are not breaking down a carcass, they're running a small business. Customers get cut sheets so they can select anything from the portions they want of the animal to how thick they prefer their steaks. For those who don't know chuck

from shank, the students help them decide which slice would best satisfy their cooking needs. Students also mix seasonings like Italian, breakfast, and maple into sausages to dazzle palates.

## Learning by heart

Come late autumn, snowflakes gently cascade down onto the West Virginia forest and cover the carpet of dried leaves that have lain there since October. They also coat a hunter's blaze orange vest and cap. Despite the chill, the hunter doesn't move from his perch among the bare branches. The only sign of his presence is a puff of his breath clouding the crisp air.

A crack shatters the silence. He swivels slightly to his right, just in time to catch the buck in his crosshairs. A flash and bang later, the deer is ready to fill bellies in need.

Every year, Hunters Helping the Hungry gives thousands of pounds of venison to families all across West Virginia. As of the 2019 season, the West Virginia Division of Natural Resources has sponsored the program for 28 years and helped facilitate the processing of more than 26,000 deer and more than a million pounds of ground venison.

But HHH is a true labor of love among people and businesses statewide. The DNR is restricted from using revenue from hunter licensing fees to fund the program—those fees have to benefit fish and wildlife programs. So churches, conservation organizations, foundations, and individuals pitch in to make HHH a reality.





School bells chime, sneakers squeak, and lockers slam shut every morning at Pocahontas County High School. Some teenagers settle into their desks, armed with textbooks and pencils for another day of solving quadratic equations and delving into world history. But others file into a more unusual type of classroom. Rather than breaking out the calculators, they're breaking down a hog carcass.

Agriculture teacher Erwin Berry watches over the industrious teens as they cut between the ribs to divide the carcass. They carefully slice away the meat and feed it through a grinder. Soon, that pork will be transformed into tasty sausages. It's just another school day with the Pocahontas County FFA. "Our motto in the FFA is 'Learning to do. Doing to learn. Earning to live. Living to serve.' That spells out the way these kids learn," Berry says. "We apply what we learn to real-life, hands-on situations."

And now those students' learning will help feed those less fortunate. Pocahontas County FFA is one of the first FFAs to participate in Hunters Helping the Hungry (HHH).

## Class is in session

In Berry's classes, the beginning lesson of the school year is anatomy. At first glance, the syllabus seems extensive: cattle, hog, lamb, deer, and goat. But, Berry says, they're all mammals, so the basic structures are the same. The differences come when students learn how to execute primal cuts—the pieces that are initially separated from the carcasses—and retail cuts—which are what most of us toss in our grocery store carts or order off of a steakhouse menu. For instance, the loin would be considered a primal cut of beef. Then, from that loin, you might get a decadent T-bone, filet mignon, or Porterhouse steak.

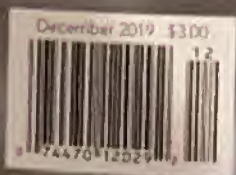
How students learn to distinguish one cut from the next is similar to most classrooms. They study slideshows, watch videos, and spell out the steps on paper. But soon it's pencils down and hands up. Berry gathers locally sourced animal carcasses, and the students tighten their apron strings in the agricultural department's meats lab.

Last year the class took on an even bigger feat. The Pocahontas County FFA received certification through the West Virginia Department of Agriculture



FAKE ST... MOUNTAINEER HERITAGE HUNTING SEASON | HERMITAGE OF THE HOLY CROSS

# WONDERFUL WEST VIRGINIA





[Close](#)

## POCAHONTAS COUNTY

### Senior Basketball(G) Schedule

#### Events

1	12/03/19	JV 5:30, V 7:00PM	A	ALLEGHANY,VA H.S.
2	12/05/19	JV 6:15, V 7:30PM	A	PENDLETON COUNTY
3	12/10/19	JV 5:45 V 7:00PM	H	GREENBRIER WEST
4	12/13/19	JV 5:45 V 7:00PM	A	TYGARTS VALLEY MIDDLE/SENIOR HIGH
5	12/18/19	JV 5:45, V 7:00PM	H	RICHWOOD
6	12/19/19	JV 5:45 V 7:00PM	H	ALLEGHANY,VA H.S.
7	12/21/19	JV 5:30 V 7:00PM	A	SUMMERS COUNTY HIGH SCHOOL
8	12/27/19	6:00PM	A	PCHS VS. HERBERT HOOVER @ PARKERSBURG CATHOLIC
9	12/28/19	12:00 or 1:30PM	A	PCHS VS. PARKERSBURG CATHOLIC OR LIBERTY (HARRISON) @ PARKERSBURG CATHOLIC
10	01/03/20	JV 5:45 V 7:00PM	H	MIDLAND TRAIL HIGH SCHOOL
11	01/06/20	JV 5:30 V 7:00PM	A	JAMES MONROE
12	01/10/20	JV 5:45 V 7:00PM	H	SUMMERS COUNTY HIGH SCHOOL
13	01/14/20	JV 5:45 V 7:00PM	A	MIDLAND TRAIL HIGH SCHOOL
14	01/17/20	JV 5:45 V 7:00PM	H	TUCKER COUNTY
15	01/20/20	JV 5:45 V 7:00PM	A	GREENBRIER WEST
16	01/28/20	JV 5:45 V 7:00PM	A	TUCKER COUNTY
17	02/01/20	JV 2:00 V 3:30PM	H	CHARLESTON CATHOLIC
18	02/04/20	JV 5:45 V 7:00PM	A	ELKINS
19	02/07/20	JV 5:45 V 7:00PM	A	RICHWOOD
20	02/08/20	JV 2:00 V 3:30 Pink OutPM	H	PENDLETON COUNTY
21	02/19/20	JV 5:45 V 7:00 Senior NightPM	H	TYGARTS VALLEY MIDDLE/SENIOR HIGH

wins: 0 lost: 0 ties: 0

[Close](#)



# POCAHONTAS COUNTY

## Senior Basketball(B) Schedule

### Events

1	12/11/19	JV 5:45 V 7:00PM	H -	MOOREFIELD
2	12/13/19	JV 5:45 V 7:00PM	H -	MIDLAND TRAIL HIGH SCHOOL
3	12/16/19	JV 5:45 V 7:00PM	H -	GREENBRIER WEST
4	12/20/19	JV 5:45 V 7:00PM	A -	TUCKER COUNTY
5	01/02/20	TBAPM	A -	NEW RIVER COMM. AND TECH
6	01/07/20	JV 5:45 V 7:00PM	A -	RICHWOOD
7	01/10/20	JV 5:45 V 7:00PM	A -	GREENBRIER WEST
8	01/14/20	JV 5:45 V 7:00PM	H -	MEADOW BRIDGE HIGH
9	01/17/20	JV 6:00 V 7:00PM	A -	HARMAN
10	01/22/20	JV 5:45 V 7:00PM	H -	TYGARTS VALLEY MIDDLE/S
11	01/24/20	JV 5:45 V 7:00PM	A -	MIDLAND TRAIL HIGH SCHOOL
12	01/27/20	JV 6:15, V 7:30PM	H -	PENDLETON COUNTY
13	01/29/20	JV 6:00 V 7:00PM	A -	MOOREFIELD
14	01/31/20	JV 5:45 V 7:00PM	H -	RIVERSIDE
15	02/04/20	JV 5:45 V 7:00PM	H -	ELKINS
16	02/06/20	JV 5:45 V 7:00PM	A -	MEADOW BRIDGE HIGH
17	02/08/20	JV 2:00 V 4:00PM	A -	RIVERSIDE
18	02/12/20	JV 5:45 V 7:00PM	H -	TUCKER COUNTY
19	02/18/20	JV 5:45 V 7:00PM	H -	RICHWOOD
20	02/20/20	JV 6:15, V 7:30PM	A -	PENDLETON COUNTY
21	02/21/20	JV 5:45 V 7:00 Senior NightPM	H -	JAMES MONROE
22	02/26/20	JV 5:45 V 7:00PM	A -	TYGARTS VALLEY MIDDLE/S

wins: 0 lost: 0 ties: 0

Close



6:12

LTE



## 2019 Elf auction

DOCX - 13 KB



To Whom It May Concern,

As the Holiday Season is upon us, we would like to take this opportunity to invite you to participate in the 2019 Pocahontas County High School Elf Auction. This year, the event will take place on Friday, December 13 beginning at 12:30. This annual event at PCHS allows students, staff and colleagues to participate in a fun filled auction. Our auctioneer adds to the excitement and fun with his antics, while the participants enjoy a time of laughter, fun and bidding wars. All proceeds go to Project Christmas at PCHS. This is used to provide gift cards for students that may not otherwise have the opportunity to enjoy the Holidays.

As a valued community member, we are inviting you to contribute to this event in one or more ways. You may contribute by donating an item for the auction and/or attending the 2019 Elf Auction. Suggestions for donations include baked items, gift baskets, handcrafted items such as woodworking, season passes and gift certificates to local businesses. We will also gladly accept cash donations!

Our goal for 2019 is to give 100 gift cards. If you have any questions, please contact Linda Beverage or Michelle Wilfong at 304-799-6564. Arrangements can be made to have your donation delivered to PCHS if you are unable to attend. Thank you in advance for helping us make this a memorable Christmas for students at Pocahontas County High School.

Sincerely,

Linda Beverage, Counselor

Michelle Wilfong, Librarian/Media Specialist







# BATTLE OF THE CLASSES

October



Sophomores

November



Freshman















































































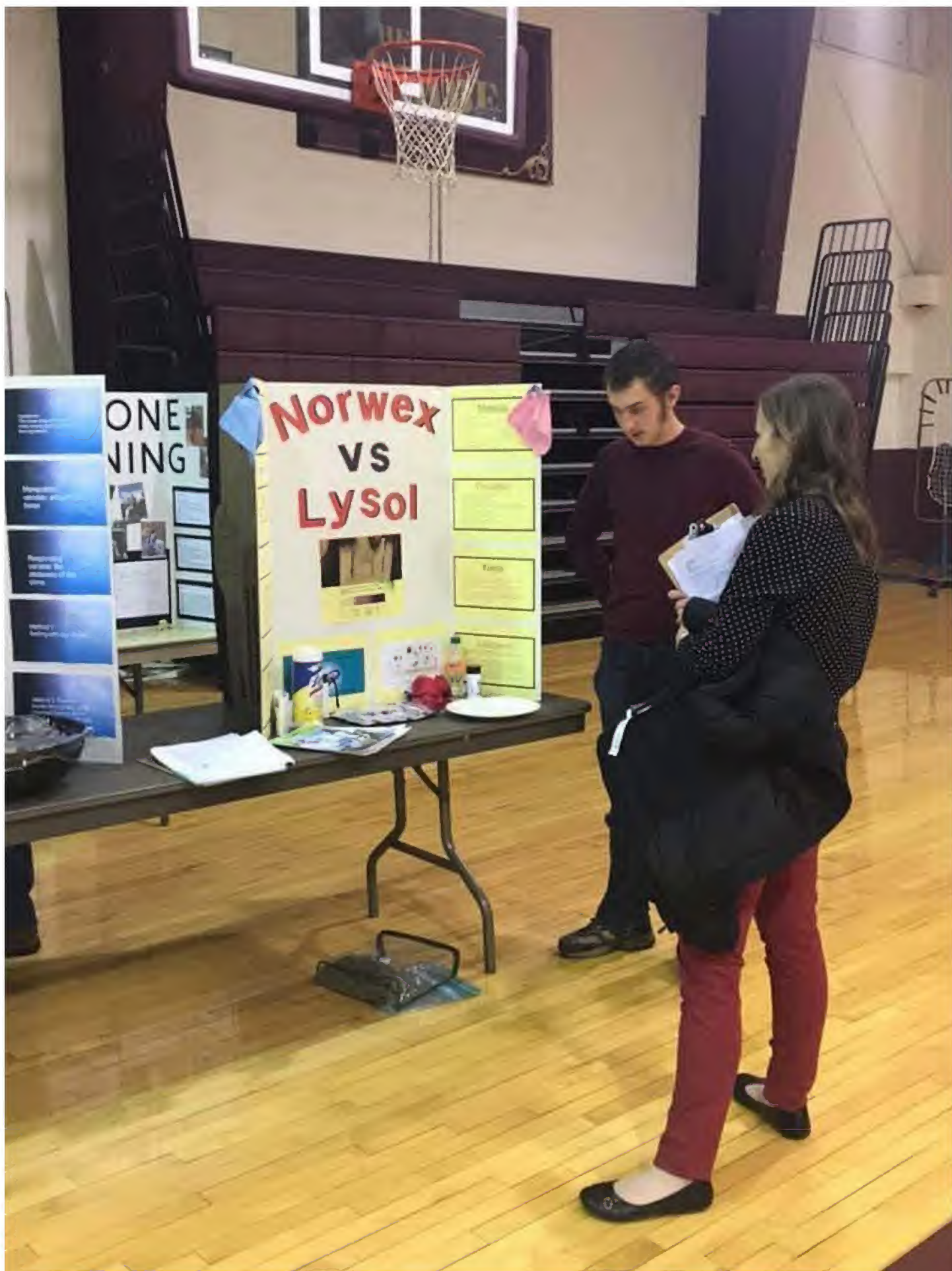




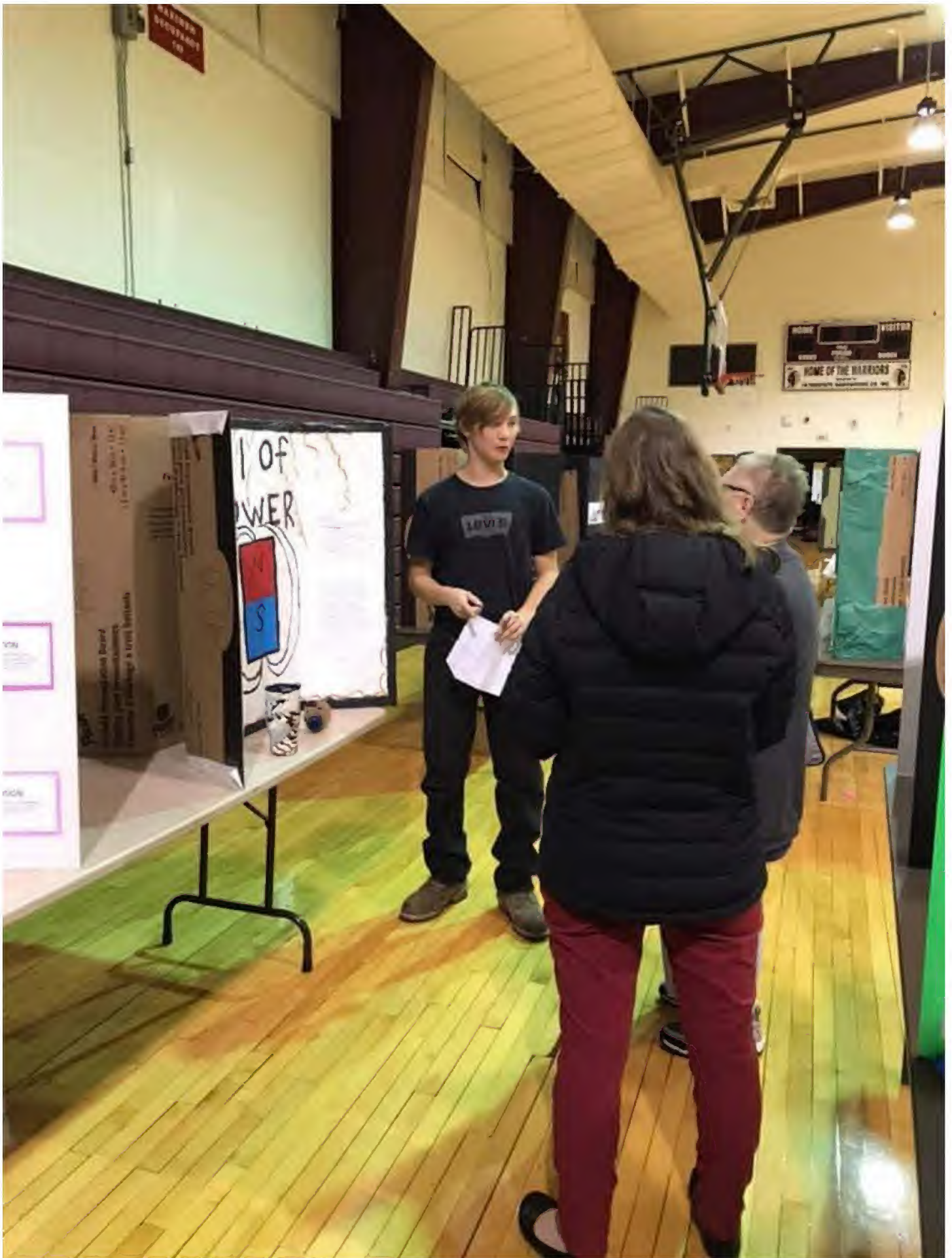








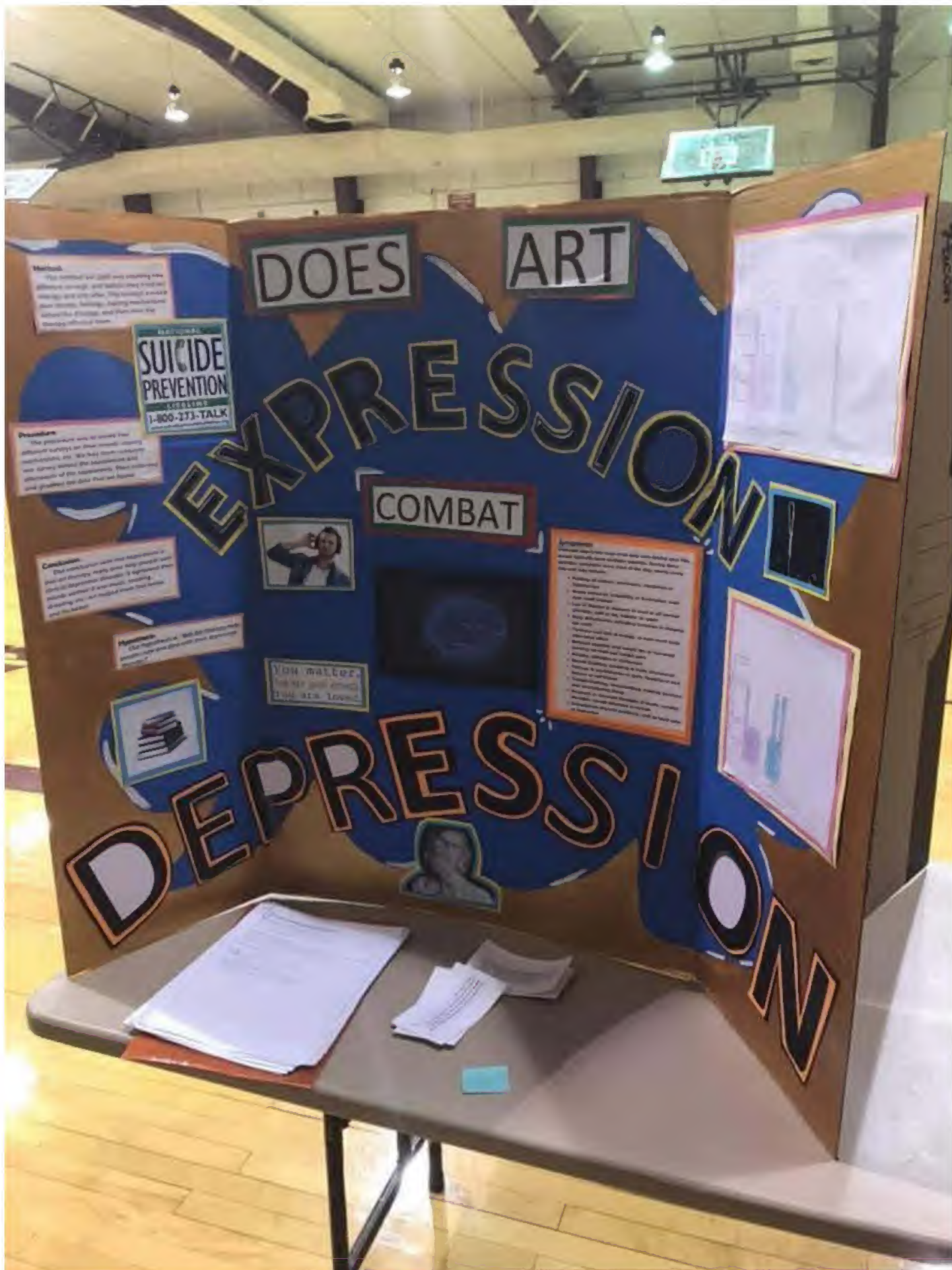












DOES

ART

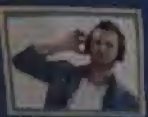
**SUICIDE PREVENTION**  
LINES  
1-800-273-TALK

**Main Idea**  
This poster will help you understand how different people feel and how they express their feelings. It will also help you understand how art can help people express their feelings and thoughts.

**Prevention**  
The prevention of depression is an important part of mental health care. It involves recognizing the signs and symptoms of depression and seeking help as soon as possible.

**Conclusion**  
Art can help people cope with depression by providing a safe and healthy way to express their feelings and thoughts. It can also help people connect with others who are experiencing similar feelings.

**Symptoms**  
The symptoms of depression can vary from person to person. Some common symptoms include feeling sad, loss of interest in activities, changes in sleep and appetite, and thoughts of suicide.



COMBAT

YOU MATTER.  
WE SEE YOU.  
YOU ARE LOVED.

**Symptoms**  
Depression is a mental health condition that can affect anyone. It is characterized by persistent feelings of sadness and loss of interest in activities. Other symptoms include changes in sleep and appetite, fatigue, and thoughts of suicide.

- Persistent feelings of sadness or emptiness
- Loss of interest in activities that were once enjoyable
- Changes in sleep patterns (either too much or too little sleep)
- Changes in appetite (either too much or too little eating)
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Difficulty concentrating
- Thoughts of suicide or self-harm



DEPRESSION





The process of the  
internationalization  
of the U.S. business  
system is largely  
driven by the  
international  
market.



From left to right: a  
green, damaged 1964  
Ford is seen on the  
street, but the  
damaged 1964  
Ford is not visible.



Chemicals in Conventional Disinfectants

## References

1. *What is the purpose of the study?*  
 2. *What are the research objectives?*  
 3. *What are the research questions?*  
 4. *What are the hypotheses?*  
 5. *What are the variables?*  
 6. *What are the methods?*  
 7. *What are the results?*  
 8. *What are the conclusions?*  
 9. *What are the implications?*  
 10. *What are the limitations?*  
 11. *What are the future research directions?*  
 12. *What are the contributions?*  
 13. *What are the strengths?*  
 14. *What are the weaknesses?*  
 15. *What are the opportunities?*  
 16. *What are the threats?*  
 17. *What are the challenges?*  
 18. *What are the risks?*  
 19. *What are the benefits?*  
 20. *What are the costs?*  
 21. *What are the rewards?*  
 22. *What are the losses?*  
 23. *What are the gains?*  
 24. *What are the losses?*  
 25. *What are the gains?*  
 26. *What are the losses?*  
 27. *What are the gains?*  
 28. *What are the losses?*  
 29. *What are the gains?*  
 30. *What are the losses?*  
 31. *What are the gains?*  
 32. *What are the losses?*  
 33. *What are the gains?*  
 34. *What are the losses?*  
 35. *What are the gains?*  
 36. *What are the losses?*  
 37. *What are the gains?*  
 38. *What are the losses?*  
 39. *What are the gains?*  
 40. *What are the losses?*  
 41. *What are the gains?*  
 42. *What are the losses?*  
 43. *What are the gains?*  
 44. *What are the losses?*  
 45. *What are the gains?*  
 46. *What are the losses?*  
 47. *What are the gains?*  
 48. *What are the losses?*  
 49. *What are the gains?*  
 50. *What are the losses?*  
 51. *What are the gains?*  
 52. *What are the losses?*  
 53. *What are the gains?*  
 54. *What are the losses?*  
 55. *What are the gains?*  
 56. *What are the losses?*  
 57. *What are the gains?*  
 58. *What are the losses?*  
 59. *What are the gains?*  
 60. *What are the losses?*  
 61. *What are the gains?*  
 62. *What are the losses?*  
 63. *What are the gains?*  
 64. *What are the losses?*  
 65. *What are the gains?*  
 66. *What are the losses?*  
 67. *What are the gains?*  
 68. *What are the losses?*  
 69. *What are the gains?*  
 70. *What are the losses?*  
 71. *What are the gains?*  
 72. *What are the losses?*  
 73. *What are the gains?*  
 74. *What are the losses?*  
 75. *What are the gains?*  
 76. *What are the losses?*  
 77. *What are the gains?*  
 78. *What are the losses?*  
 79. *What are the gains?*  
 80. *What are the losses?*  
 81. *What are the gains?*  
 82. *What are the losses?*  
 83. *What are the gains?*  
 84. *What are the losses?*  
 85. *What are the gains?*  
 86. *What are the losses?*  
 87. *What are the gains?*  
 88. *What are the losses?*  
 89. *What are the gains?*  
 90. *What are the losses?*  
 91. *What are the gains?*  
 92. *What are the losses?*  
 93. *What are the gains?*  
 94. *What are the losses?*  
 95. *What are the gains?*  
 96. *What are the losses?*  
 97. *What are the gains?*  
 98. *What are the losses?*  
 99. *What are the gains?*  
 100. *What are the losses?*

### Beginning The Survey

1. They learned that with a microscope, the structure of a living organism can be seen with the naked eye.
2. The microscope is a device that can magnify the objects and make them appear larger.
3. The microscope is a device that can magnify the objects and make them appear larger.
4. The microscope is a device that can magnify the objects and make them appear larger.
5. The microscope is a device that can magnify the objects and make them appear larger.
6. The microscope is a device that can magnify the objects and make them appear larger.
7. The microscope is a device that can magnify the objects and make them appear larger.
8. The microscope is a device that can magnify the objects and make them appear larger.

### Enduring Effects of the Disagreements on the warrens

- **Stress** is the response of the body to any demand that requires adjustment. Stress can be either good or bad. Stress is the body's response to any demand that requires adjustment.
- **Stress** is the response of the body to any demand that requires adjustment. Stress can be either good or bad. Stress is the body's response to any demand that requires adjustment.
- **Stress** is the response of the body to any demand that requires adjustment. Stress can be either good or bad. Stress is the body's response to any demand that requires adjustment.
- **Stress** is the response of the body to any demand that requires adjustment. Stress can be either good or bad. Stress is the body's response to any demand that requires adjustment.



It is argued that  
information wealth  
and a type of targeted  
income both fit better  
with ecology. It is  
assumed targeted  
income changes to  
enable targeted  
challenges and helps in  
preventing by action in  
the economy.



1. The number of...  
 2. The number of...  
 3. The number of...  
 4. The number of...  
 5. The number of...



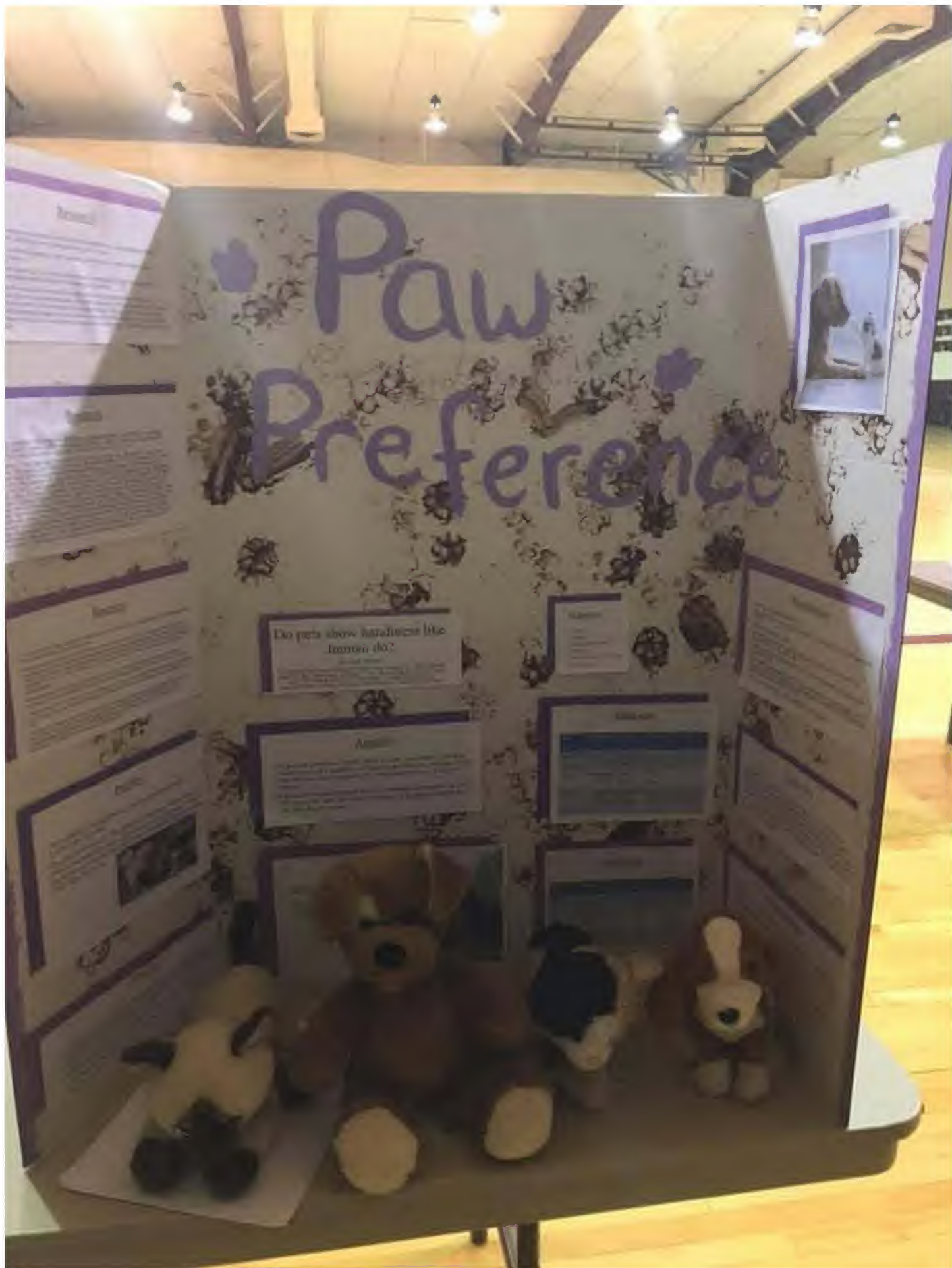


# IF YOU DON'T USE IT..

# DO YOU LOSE IT?









## Purpose

•To discover the most eminently-effective cleaner, and which cleaner removes the most protein.

## Question

•Which cleaner removes the most protein, which is the food source of bacteria and germs, from a plate?

## Hypothesis

•Out of the two cleaners Lysol Disinfecting Wipes and the Norwex EnviroCloth, the Norwex EnviroCloth should remove the most protein from a plate.

## Variables

•Norwex EnviroCloth  
•Lysol Disinfecting Wipes

# Norwex vs Lysol



## Materials

- 1. Norwex EnviroCloth
- 2. Lysol Disinfecting Wipes
- 3. Protein
- 4. Test Tubes
- 5. Tongs
- 6. Lysol Disinfecting Wipes
- 7. Norwex EnviroCloth

## Procedure

1. Place the protein on the plate.  
2. Clean the plate with the Norwex EnviroCloth.  
3. Clean the plate with the Lysol Disinfecting Wipes.  
4. Observe the color change in the test tubes.

## Results

The Norwex EnviroCloth removed more protein from the plate than the Lysol Disinfecting Wipes. This was evident by the color change in the test tubes.

## Conclusion

The Norwex EnviroCloth is a more effective cleaner than the Lysol Disinfecting Wipes. It removes more protein from a plate, which is the food source of bacteria and germs.










# On Target



### Research

The first step in creating a target is to decide on the size of the target. The target should be large enough to be seen from a distance of at least 100 meters. The target should also be large enough to be hit by an arrow. The target should be made of a material that is easy to see and is not easily damaged. The target should be placed in a location that is safe and accessible. The target should be placed in a location that is not easily reached by animals or other people. The target should be placed in a location that is not easily reached by the wind. The target should be placed in a location that is not easily reached by the sun. The target should be placed in a location that is not easily reached by the rain. The target should be placed in a location that is not easily reached by the snow. The target should be placed in a location that is not easily reached by the ice. The target should be placed in a location that is not easily reached by the fog. The target should be placed in a location that is not easily reached by the clouds. The target should be placed in a location that is not easily reached by the rain. The target should be placed in a location that is not easily reached by the snow. The target should be placed in a location that is not easily reached by the ice. The target should be placed in a location that is not easily reached by the fog. The target should be placed in a location that is not easily reached by the clouds.



### Procedure

1. Prepare the target. The target should be made of a material that is easy to see and is not easily damaged. The target should be placed in a location that is safe and accessible. The target should be placed in a location that is not easily reached by animals or other people. The target should be placed in a location that is not easily reached by the wind. The target should be placed in a location that is not easily reached by the sun. The target should be placed in a location that is not easily reached by the rain. The target should be placed in a location that is not easily reached by the snow. The target should be placed in a location that is not easily reached by the ice. The target should be placed in a location that is not easily reached by the fog. The target should be placed in a location that is not easily reached by the clouds.



### Conclusion

The target was made of a material that was easy to see and was not easily damaged. The target was placed in a location that was safe and accessible. The target was placed in a location that was not easily reached by animals or other people. The target was placed in a location that was not easily reached by the wind. The target was placed in a location that was not easily reached by the sun. The target was placed in a location that was not easily reached by the rain. The target was placed in a location that was not easily reached by the snow. The target was placed in a location that was not easily reached by the ice. The target was placed in a location that was not easily reached by the fog. The target was placed in a location that was not easily reached by the clouds.



### References

1. The target was made of a material that was easy to see and was not easily damaged. The target was placed in a location that was safe and accessible. The target was placed in a location that was not easily reached by animals or other people. The target was placed in a location that was not easily reached by the wind. The target was placed in a location that was not easily reached by the sun. The target was placed in a location that was not easily reached by the rain. The target was placed in a location that was not easily reached by the snow. The target was placed in a location that was not easily reached by the ice. The target was placed in a location that was not easily reached by the fog. The target was placed in a location that was not easily reached by the clouds.

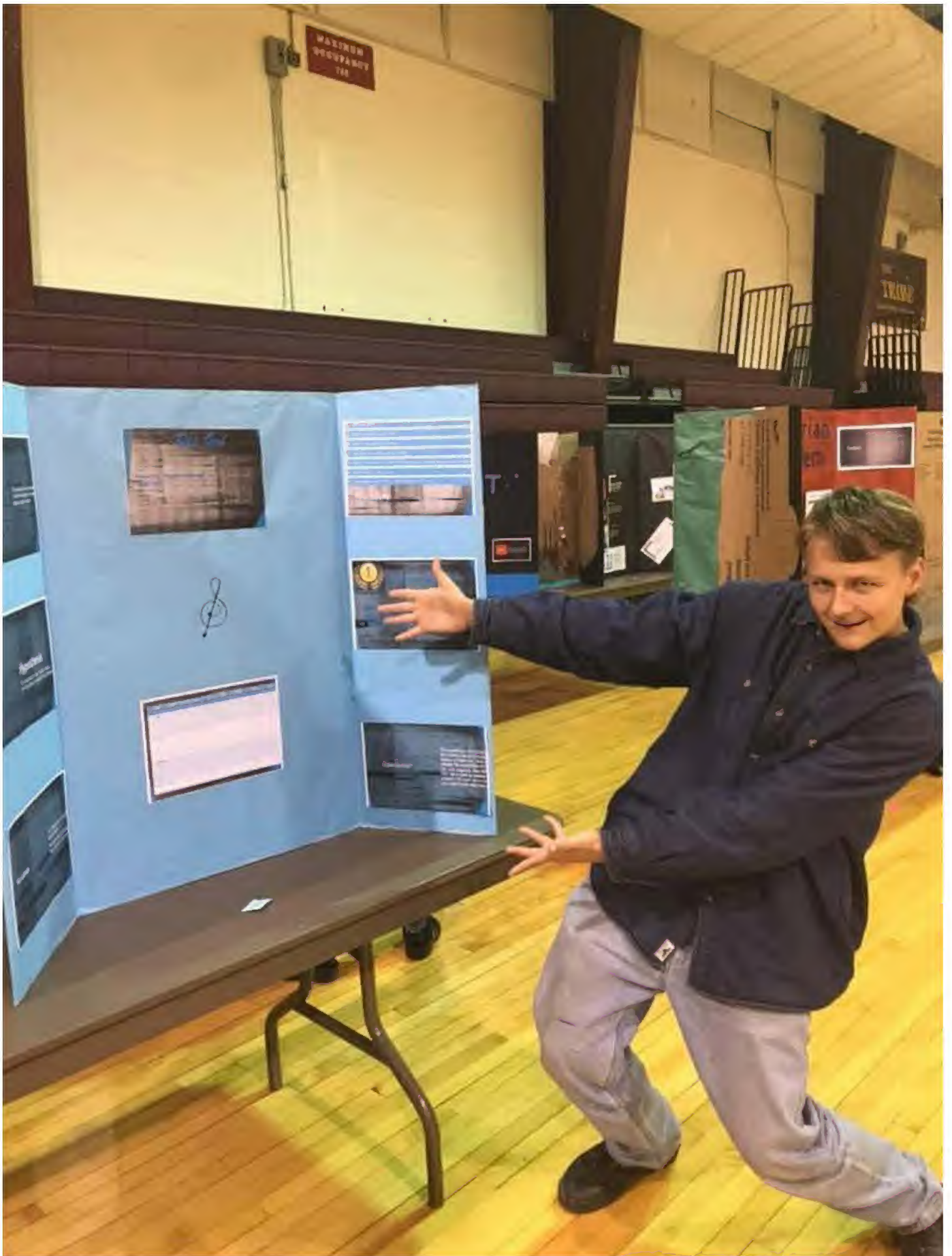


# ENERGY DRINK

## EFFECTS













Pocahontas County Girls Basketball will be selling Red Poinsettias. Cost of each Poinsetta will be \$10.00. Please collect money as you sell. Checks made payable to PCHS- Girls Basketball. Orders and Money will be collected on Nov. 22, 2019 at practice. I will get a tentative number on Monday Nov. 18. Please try hard this week to sell as many as you can!! Anticipated delivery date for Poinsettias to be picked up at PCHS is Dec. 6. Thanks in advance for your hard work in selling!!

[illegible]



## Boys A/AA Region 3 all region teams

### 1st Team

Kolton Alderman -Striker

### 2nd Team

Jacob Davis - Striker

Timmy Sparks - Mid field

Bryson Cassell - Defender

## Girls

### 1st Team

Kira Bircher - Striker

Laila Calhoun - Striker

Savannah McMillion - mid field

### 2nd Team

Macaden Taylor - Defense

Sienna Bircher - Goalie

## All State Honors

## Boys

Honorable Mention All State

Kolton Alderman

## Girls

2nd Team All State

Savannah McMillion

Honorable Mention

Kira Bircher

Laila Calhoun



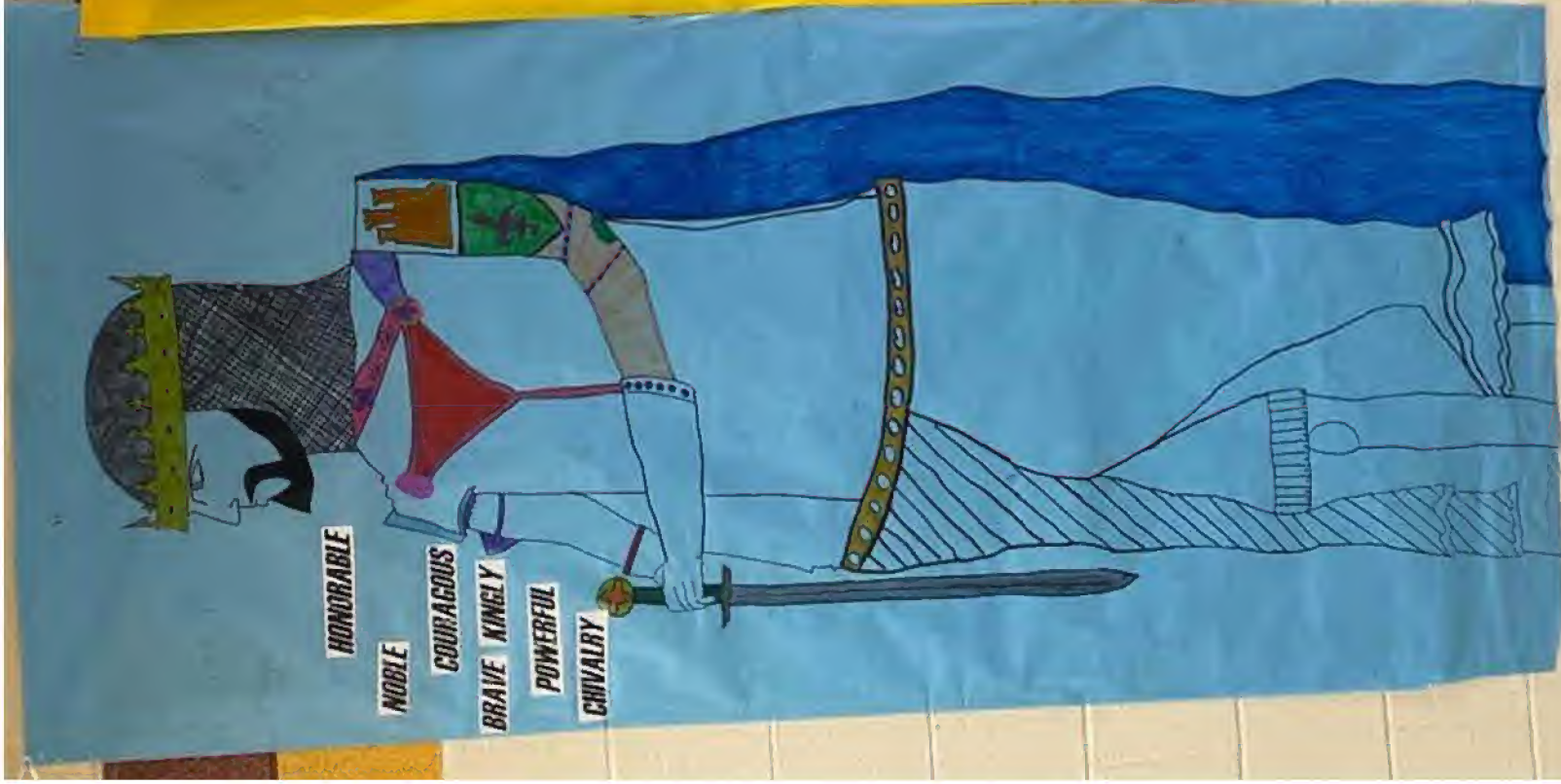
**THANK YOU  
VETERANS**





























# WARRIOR TERRITORY

[illegible]

A wooden sign for Pocahontas County Track Records. It features a header with the county name and a title, followed by a table of records. The table has two columns: Name and Time. The records are listed for various events including 100 Yards, 200 Yards, 400 Yards, 800 Yards, 1600 Yards, 3200 Yards, 6400 Yards, 12800 Yards, 25600 Yards, 51200 Yards, 102400 Yards, 204800 Yards, 409600 Yards, 819200 Yards, 1638400 Yards, 3276800 Yards, 6553600 Yards, 13107200 Yards, 26214400 Yards, 52428800 Yards, 104857600 Yards, 209715200 Yards, 419430400 Yards, 838860800 Yards, 1677721600 Yards, 3355443200 Yards, 6710886400 Yards, 13421772800 Yards, 26843545600 Yards, 53687091200 Yards, 107374182400 Yards, 214748364800 Yards, 429496729600 Yards, 858993459200 Yards, 1717986918400 Yards, 3435973836800 Yards, 6871947673600 Yards, 13743895347200 Yards, 27487790694400 Yards, 54975581388800 Yards, 109951162777600 Yards, 219902325555200 Yards, 439804651110400 Yards, 879609302220800 Yards, 1759218604441600 Yards, 3518437208883200 Yards, 7036874417766400 Yards, 14073748835532800 Yards, 28147497671065600 Yards, 56294995342131200 Yards, 112589990684262400 Yards, 225179981368524800 Yards, 450359962737049600 Yards, 900719925474099200 Yards, 1801439850948198400 Yards, 3602879701896396800 Yards, 7205759403792793600 Yards, 14411518807585587200 Yards, 28823037615171174400 Yards, 57646075230342348800 Yards, 115292150460684697600 Yards, 230584300921369395200 Yards, 461168601842738790400 Yards, 922337203685477580800 Yards, 1844674407370955161600 Yards, 3689348814741910323200 Yards, 7378697629483820646400 Yards, 14757395258967641292800 Yards, 29514790517935282585600 Yards, 59029581035870565171200 Yards, 118059162071741130342400 Yards, 236118324143482260684800 Yards, 472236648286964521369600 Yards, 944473296573929042739200 Yards, 1888946593147858085478400 Yards, 3777893186295716170956800 Yards, 7555786372591432341913600 Yards, 15111572745182864683827200 Yards, 30223145490365729367654400 Yards, 60446290980731458735308800 Yards, 120892581961462917470617600 Yards, 241785163922925834941235200 Yards, 483570327845851669882470400 Yards, 967140655691703339764940800 Yards, 1934281311383406679529881600 Yards, 3868562622766813359059763200 Yards, 7737125245533626718119526400 Yards, 15474250491067253436239052800 Yards, 30948500982134506872478105600 Yards, 61897001964269013744956211200 Yards, 123794003928538027489912422400 Yards, 247588007857076054979824844800 Yards, 495176015714152109959649689600 Yards, 990352031428304219919299379200 Yards, 1980704062856608439838598758400 Yards, 3961408125713216879677197516800 Yards, 7922816251426433759354395033600 Yards, 15845632502852867518708790067200 Yards, 31691265005705735037417580134400 Yards, 63382530011411470074835160268800 Yards, 126765060022822940149670320537600 Yards, 253530120045645880299340641075200 Yards, 507060240091291760598681282150400 Yards, 1014120480182583521197362564300800 Yards, 2028240960365167042394725128601600 Yards, 4056481920730334084789450257203200 Yards, 8112963841460668169578900514406400 Yards, 16225927682921336339157801028812800 Yards, 32451855365842672678315602057625600 Yards, 64903710731685345356631204115251200 Yards, 129807421463370690713262408230502400 Yards, 259614842926741381426524816461004800 Yards, 519229685853482762853049632922009600 Yards, 1038459371706965525706099265844019200 Yards, 2076918743413931051412198531688038400 Yards, 4153837486827862102824397063376076800 Yards, 8307674973655724205648794126752153600 Yards, 16615349947311448411297588253504307200 Yards, 33230699894622896822595176507008614400 Yards, 66461399789245793645190353014017228800 Yards, 132922799578491587290380706028034457600 Yards, 265845599156983174580761412056068915200 Yards, 531691198313966349161522824112137830400 Yards, 1063382396627932698323045648224275660800 Yards, 2126764793255865396646091296448551321600 Yards, 4253529586511730793292182592897102643200 Yards, 8507059173023461586584365185794205286400 Yards, 17014118346046923173168730371588410572800 Yards, 34028236692093846346337460743176821145600 Yards, 68056473384187692692674921486353642291200 Yards, 136112946768375385385349842972707284582400 Yards, 272225893536750770770699685945414569164800 Yards, 544451787073501541541399371890829138329600 Yards, 1088903574147003083082798743781658276659200 Yards, 2177807148294006166165597487563316553318400 Yards, 4355614296588012332331194975126633106636800 Yards, 8711228593176024664662389950253266213273600 Yards, 17422457186352049329324779900506532426547200 Yards, 34844914372704098658649559801013064853094400 Yards, 69689828745408197317299119602026129706188800 Yards, 139379657490816394634598239204052259412377600 Yards, 278759314981632789269196478408104518824755200 Yards, 557518629963265578538392956816209037649510400 Yards, 111503725992653115707678















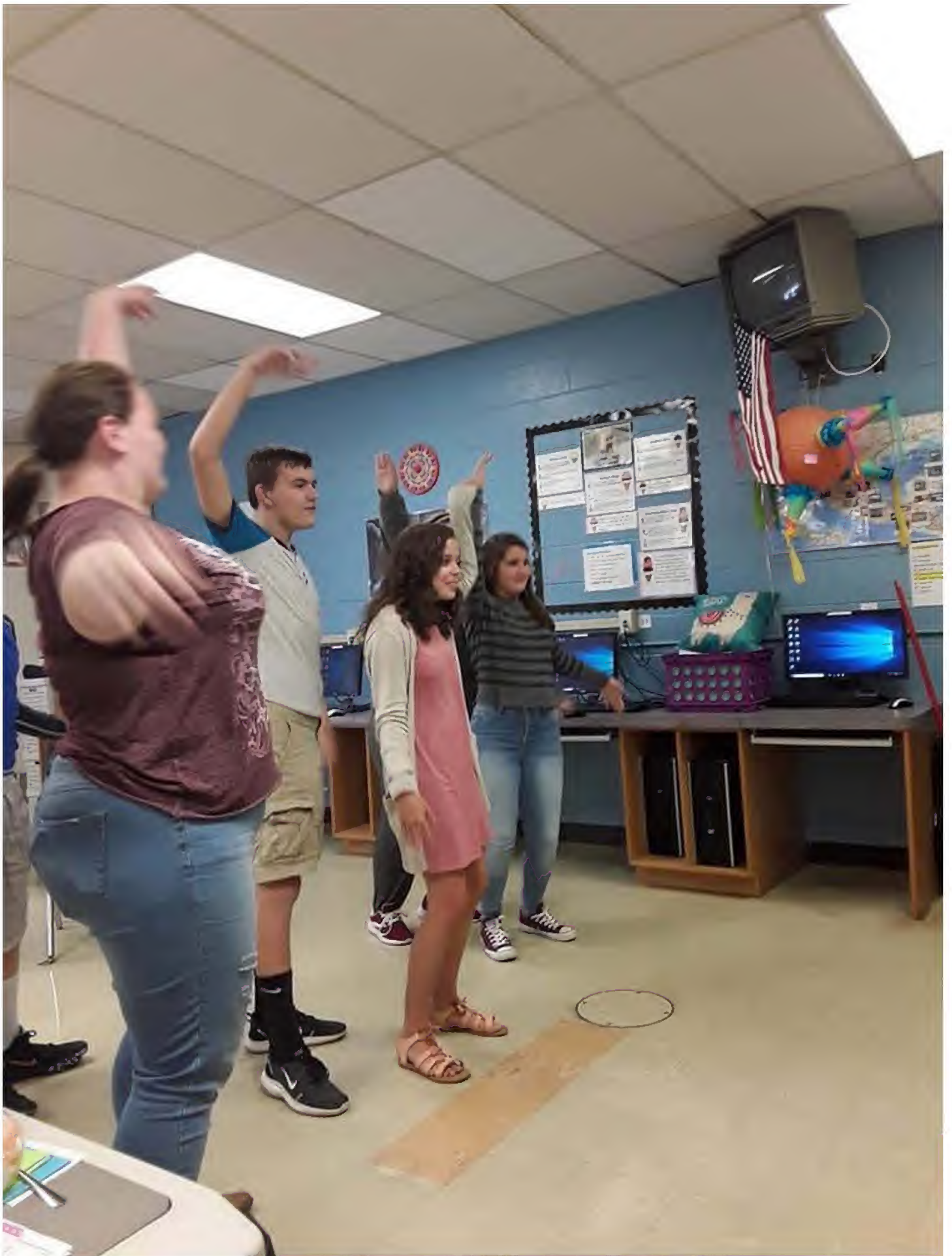
















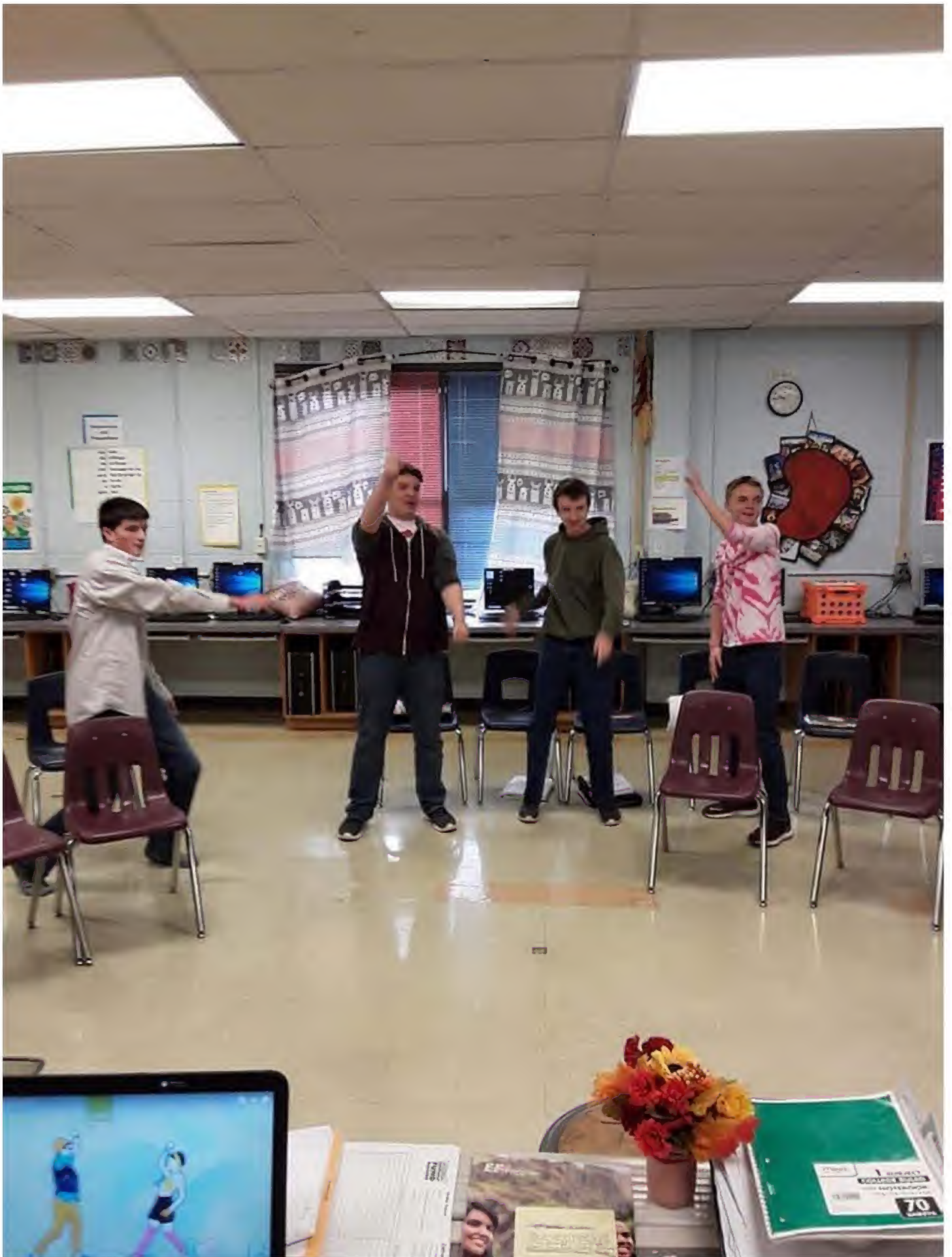
















**YOU'RE INVITED TO**

# THE Snow Ball

This is a formal dance for all students grades 9<sup>th</sup> – 12<sup>th</sup>

Tickets will be available for purchase during lunch starting NOVEMBER 4<sup>th</sup>

**Ticket Prices: \$10 per person**

**Saturday  
December  
14<sup>th</sup>**

**7-10pm at  
Opera House**

**Pickett  
Fence will  
take pictures**



# Prayer Locker

**Write your prayer  
request on the paper  
provided and put it  
through this  
locker slot.**

We will be happy to pray for you.  
You do not have to give your name  
and all prayer requests will remain  
confidential.

Sponsored by FCA: PCHS HUDDLE





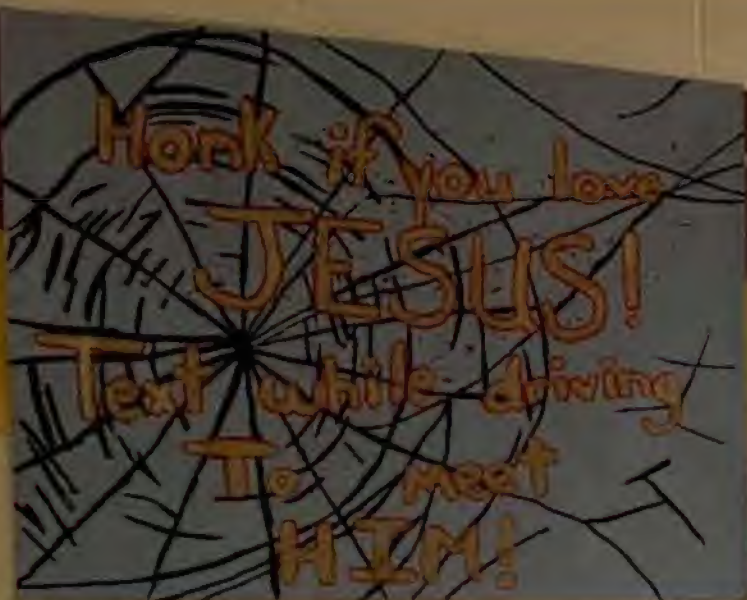
**POCAHONTAS COUNTY SCHOOLS**  
**November Breakfast and Lunch Menu 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<sup>1</sup> Whole grain bagel w/cream cheese Cereal fruit  Tomato Soup Grill Cheese Broccoli Fruit Cookie
<sup>-4</sup> Sausage pancake Whole grain cereal Fruit  Chicken Sandwich Tomato/lettuce/onion Peas Applesauce cups Romaine w/vinaigrette	<sup>5</sup> Colby cheese omelet Whole grain cereal Fruit  Beef Burrito w/whole grain tortilla wrap Lettuce/tomato/salsa Broccoli Beans Mixed fruit	<sup>6</sup> Fresh fruit cup Yogurt Whole grain cereal  Lasagna Green beans Mixed Fruit Roll	<sup>7</sup> Breakfast sausage pizza Whole grain cereal Fruit  Hot Ham and cheese on whole grain bagel Sweet Potato Fries Corn Fruit	<sup>8</sup> Yogurt fruit parfait Whole grain cereal  Popcorn Chicken Carrots California Medley Fruit Cookie
<sup>11</sup> Veteran's Day Holiday No School	<sup>12</sup> Egg and cheese wrap Whole grain cereal Fresh fruit  Cheeseburger Bake beans Fresh fruit Birthday Cake	<sup>13</sup> Blueberry muffin Whole grain cereal Fruit  Chicken Caesar Romaine Salad Sweet Potato Fries Carrots Sliced Apples with soy nut butter	<sup>14</sup> French Toast Stix Whole grain Cereal Fruit  Salisbury Steak Green beans Mash Potatoes Roll Fruit	<sup>15</sup> Homemade Cinnamon Rolls Whole grain Cereal Fruit  Chicken Nuggets Parmesan Broccoli French fries Fruit
<sup>18</sup> Egg and cheese Biscuit Whole grain cereal Fruit  Meatball Hoagie California Blend Tator tots Fruit	<sup>19</sup> Yogurt w/ granola Whole grain cereal fruit  Chicken Chimichanga Carrots Sweet Potato fries Mixed fruit	<sup>20</sup> Egg cheese ham wrap Whole grain cereal Fruit  Chili Bake potato Parmesan Broccoli Applesauce cup Cornbread Crackers	<sup>21</sup> Banana Bread Whole grain cereal Fruit  Turkey Mashed potatoes w/gravy Green beans Roll Cooks' choice dessert	<sup>22</sup> Cooks' Choice Breakfast and Lunch!
<sup>25</sup> Thanksgiving Break No School	<sup>26</sup> Thanksgiving Break No School	<sup>27</sup> Thanksgiving Break No School	<sup>28</sup> Thanksgiving Day Holiday No School	<sup>29</sup> Thanksgiving Break No School



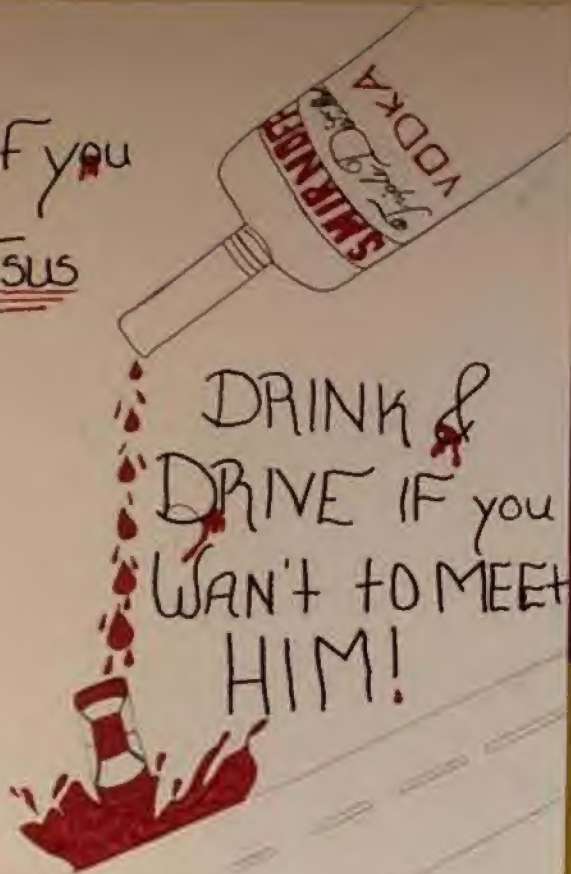




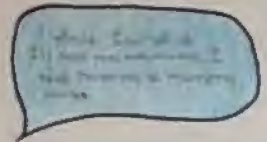
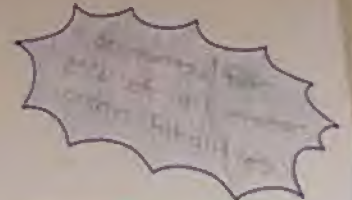




HONK IF you  
LOVE Jesus



## DISTRACTED DRIVING





# DON'T DRINK and

# DRIVE



DISTRACTED  
DRIVING

ONE CALL OR  
TEXT

COULD END  
IT ALL

It Can  
Wait



you put everyone  
in danger,  
when you have  
road anger!

• almost 30 murders are  
linked to road rage each year

• 66% of traffic fatalities  
are caused by aggressive  
driving

• victims of road rage  
often become aggressive  
themselves



DONT  
DRIVE DRUNK  
IT IS NOT A



BUCKLE  
UP

HANG  
UP

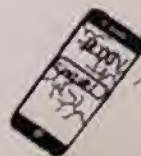
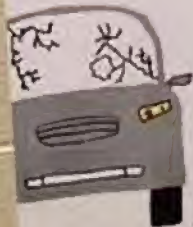
HEADS  
UP  
IT ALL  
ADDS  
UP



DONT DRINK  
and  
Drive



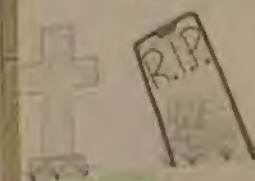
The clock will  
Keep Ticking But  
Your Heart  
Won't



ROAD  
RAGE  
DONT DRIVE AGGRESSIVELY  
BE UNDERSTANDING IF A  
LATELY CAUSES A PROBLEM



It Can  
Wait





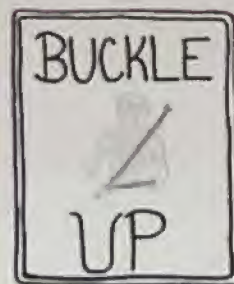


**LEAVE IT UNREAD  
OR END UP DEAD**

It's More  
Than Just A  
**TICKET,**

It's   $\frac{1}{8}$  

Your



**LIFE**



Don't Drink And Drive...  
Your



First Sip  
Could Be your Last!

no Distraction  
is Worth a Life...  
It CAN WAIT!





# DRUNK DRIVING



Alcohol & A  
Wheel gon'  
get ya

## Killed

Over 45% of all fatal single car crashes  
are alcohol related.

If you're feeling  
the **RAGE** check  
your **GAUGE**





DONT  
MAKE  
A  
FUSS

STOP  
FOR  
THE  
BUS

